



# Householders' Handbook for Nuclear Warfare

ISSUED BY  
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## FOREWORD

Today, as always, international relations contain elements of uncertainty -- uncertainty as to what tomorrow may bring. Sometimes relations appear cordial, bringing with them the hope of peaceful settlement of outstanding matters. Then the climate changes. Charges and counter-charges are made. New situations, fraught with difficulties, arise. However, there is no uncertainty as to the destruction and devastation which could be caused by a war in which modern weapons may be used.

Though we hope and believe that war is not probable, it is always possible. The risk is ever present. Whilst this risk exists and nations have within their power the means of mass destruction, it behoves every individual to give some thought to, and make plans for, his or her survival in the event of hostilities breaking out. Thus Civil Defense is necessary.

**YOUR SURVIVAL** in such an emergency would depend mainly on yourself.

**NOW** is the time for you to inform yourself and your family of these simple steps which may be taken in self-protection.

**NOW** is the time to plans towards this end.

This booklet has been prepared for your information and your protection. It contains basic guides in this regard. It is mainly intended for probable target areas. Read it, study it and keep it handy for ready reference. Although in the event of hostile attack other forms of warfare may be used, e.g., chemical or biological agents, the booklet relates to nuclear war.

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## what YOU SHOULD KNOW

Nuclear explosions have three main effects. ALL of which are dangerous to you.

### ● HEAT

from the fireball may cause fires and serious burns for considerable distances.



### ● BLAST

can destroy and damage homes over a wide area. Glass splinters and flying debris will also cause personal injury.

### ● RADIATION

direct from the fireball is very limited in range, BUT fall-out may cover thousands of square miles with radioactive material. It is dangerous to people and animals and may render water and crops unsafe.



**YOU COULD SURVIVE** a nuclear attack by taking simple precautions. The secrets of survival are a knowledge of the dangers and the steps you can take to

escape them. Survival depends largely on the individual himself. Learn these precautions and take action accordingly.

**REMEMBER** knowledge and planning may well mean your survival.

## WHAT TO DO **NOW** TO PREPARE YOUR FAMILY **before** FOR AN EMERGENCY **BEFORE** DISASTER STRIKES

### ● SELECT A FAMILY SHELTER

Any home offers some protection against radiation. The best shelter area is away from doors or windows or preferably in a location in the centre of the house, which will have the protection of additional walls.

A basement shelter will offer much more protection.

An underground shelter with protected entrance and 3 feet of packed earth above it will give excellent protection.



### ● STOCKPILE FOOD AND SUPPLIES. ●

Store in your shelter at least 14 days' supply of food and water plus a first aid kit, a battery-operated radio, torches, and other emergency needs. See suggested lists at end of booklet.



### ● EMERGENCY SANITATION

Obtain a suitable container with a tight-fitting lid -- a garbage can may be suitable.



### ● LEARN FIRST-AID. ●

At least one member of every home should complete a course of first-aid and home-nursing. In a major disaster regular medical services may be unavailable.



### ● LEARN FIREFIGHTING

Regular fire services may not be available in an attack. Fire prevention and a knowledge of firefighting may save your home and your life. Do not rely on the garden hose as water supplies may be interrupted.

Shutters painted white keep out heat.



### ● FAMILY ACTION PLAN ●

Prepare a family action plan. Give everyone a job to do. Do not forget the safety of family documents. The family may be separated before an attack. It may be safer to remain at work or for children to remain at school. Plan to meet later at home or at a pre-selected meeting place, but only when told that it is safe to move about.



## YOUR CIVIL DEFENSE CONTROLLER

Most councils have appointed local civil defense controllers. Contact your

controller and he will be happy to advise you. Support your controller in the work he is doing. Remember your life and that of your family may be involved.

If you do not know who is the controller for your municipality or shire make inquiries from your town clerk or shire clerk.

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## warning

What to do if you receive an official Civil Defense warning.  
This may come to you over the radio, through members of the  
Civil Defense Organisation or by other official means

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### OBEY INSTRUCTIONS

- Take notice only of official warnings -- do not listen to gossip or pass on rumours.
- Do not use your telephone. The lines may be required by emergency services.

### AT HOME

- Put your family plan into operation.
- Check your shelter arrangements making sure that bedding, blankets, and emergency sanitation facilities are included.
- Check your water supply.
- The garden hose should be connected and ready for use.
- If you have a rainwater tank, disconnect downpipe to tank and cover inlet securely. Then connect a hose fitted with a nozzle to the tank and run it to the shelter for an additional emergency supply.
- Take firefighting appliances to the shelter, fill the bath, tubs, and other containers.
- Blankets, towels, and other firefighting cloths should be ready for wetting and use.
- Bring in vegetables and fruit from the garden and gather fresh eggs.
- Close all doors and windows, draw the blinds and curtains and fit shutters.
- Metal venetian blinds should be lowered and closed.
- Easily ignitable curtains should be removed from windows.
- Remove easily ignitable furniture such as chairs and sofas, from window areas.
- Cut off gas and electricity at the mains.
- Gather your family and go to the shelter.
- Switch on battery operated radio and follow any official instructions.
- Remember your family pets.
- Having attended to the matters mentioned above, do not leave your house unless directed by proper authority.

### BE METHODICAL

**DO THINGS IN THE ABOVE ORDER IT WILL BE QUICKER IN THE LONG RUN  
ABOVE ALL REMAIN CALM**

### ***IF THERE IS NO PREPARED SHELTER AND YOU ARE:***



#### **INDOORS ●**

Go to a basement or interior ground floor room or hall. Get under strongest table, desk, counter, work bench, etc., away from windows or where things may fall on you. If nothing else is available lie face down along an interior wall away from the windows. Stay indoors until authorities indicate it is safe to come out.

#### **● OUTDOORS**

If you cannot reach a shelter or building, lie flat on the ground, face down, cover head and neck with your arms. Any cover is better than none. A ditch, gutter, side of wall, fence, even a kerb will give some shielding.



#### **IN A CAR ●**

Pull to the kerb and turn off the engine. Wind windows down to equalize pressures and to prevent glass breakage. Crouch or lie down below the levels of the windows.

### ***Remember***

Seek best available shielding at once. Get as low as possible. Cover head and neck with arms.  
Stay put until attack subsides. Follow Civil Defense instructions.

## **after WHAT TO DO IMMEDIATELY AFTER AN ATTACK**

#### **● AT HOME**

Remain sheltered until officially advised it is safe. Don't rush out side and expose yourself to radiation.

Keep the house closed tight against the entrance of dangerous radioactive dust. Nail blankets or coverings over broken doors or windows. **PUT OUT ANY FIRES.**

Properly stockpiled food and water will be safe. Wipe all tins and containers with a clean damp rag before opening to remove dust which may be radioactive. Dispose of rag. All other food and water must be regarded as being unsafe.

If at some distance from an explosion that has taken place, you will have



**OUTDOORS**

time before fallout arrives.

If caught in the open, after debris has ceased falling cover the nose and mouth with a handkerchief and seek the nearest shelter.

Remove outer garments and then put them outside immediately.

Thoroughly wash exposed skin, hair, and fingernails with soap and water.

Dress in clean outer clothes, if available.

Remain in shelter until officially advised to come out.

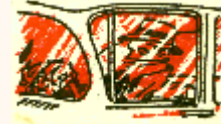
● **IN A CAR**

After debris has ceased falling raise windows to keep out as much dust as possible.

Cover the nose and mouth with a handkerchief.

Move to better shielding.

Travel to safer area but only as directed.

**OBEY INSTRUCTIONS**

- Heed official advice.
- Don't use the telephone.
- Remain calm.

**REMEMBER****before**

- LEARN FAMILY PROTECTION
- PREPARE YOUR FAMILY SHELTER
- STOCKPILE FOOD AND WATER
- SANITATION AND EMERGENCY
- FAMILY ACTION ..... **Plan**
- FIRST-AID ..... **Learn**
- FIREFIGHTING ..... **Understand**

**warning**

- OBEY OFFICIAL INSTRUCTIONS
- TAKE SHELTER
- EVACUATE AS DIRECTED

**after**

- STAY PUT
- DECONTAMINATE
- OBEY INSTRUCTIONS

*Some Stockpile Suggestions***food****14 DAYS' SUPPLY**

|                |                |              |
|----------------|----------------|--------------|
| beef extract   | vegemite       | honey        |
| tea            | coffee         | cocoa        |
| sugar          | pepper         | salt         |
| flour          | plain biscuits | cereals      |
| jellies        | dried fruits   | rice         |
| home preserves | cheese         | curry powder |

**TINNED**

|             |              |              |
|-------------|--------------|--------------|
| meats       | fish         | soups        |
| baked beans | spaghetti    | sweet corn   |
| fruits      | fruit juices | milk         |
| cream       | golden syrup | plum pudding |
| vegetables  | tomatoes     | jam          |

## water

**14 DAYS' SUPPLY**

*7 gallons per person (refresh every month)*

The quantity of food will depend on the size and age of the family. Individual tastes should be taken into consideration. Food should be used and replaced at regular intervals. Plastic bags are good containers.

The food stockpile can be further increased from other food supplies on hand, such as bread, biscuits, cakes, lollies, and other appropriate items including fresh food and drink from your refrigerator. Vegetables and fruit could be added from the kitchen or from the garden. Fresh eggs should be added, too.

Always have at least 3 days' supply of food and water ready in containers for easy transfer to your car in the event of evacuation being necessary.

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## first aid

**MINIMUM SUPPLY**

- Small scissors.
- Forceps.
- Triangular bandages (2).
- Mixture of roller bandages (gauze or cotton wool).
- Antiseptic for cleansing of wounds.
- Antiseptic for burns.
- Large wide roll of sticking plaster.
- Eye drops, eye dropper, eye bath.
- Aspirin.
- Other special medicines required by family.

## other supplies

- Battery-operated radio.
- Torches, spare batteries.
- Candles, matches, lantern, and kerosene.
- Blankets, bedding.
- Extra, warm clothing.
- Soap and other toilet requisites, washing dish.
- Emergency sanitary can and toilet paper, deodorant.
- Eating utensils, can opener, paper plates and cups.
- Emergency cooking equipment, cooking utensils, measuring cup, spoons.
- Garbage container, waste disposal pail.
- Hammer, saw, nails, rope, wire, shovel, axe, crowbar.
- Games, books, toys, cards.
- Whistle.

If possible stockpiles should be kept in the family shelter. Your car will be the means of evacuating you and your family. Keep it ready for the road. Make sure petrol and oil are always topped up.

## your civil defense controller will

- Answer your questions.
- Help you prepare your family plan.
- Give you additional guidance.
- Discuss your community plan.

**Remember, if you do not know who your controller is, inquire at your council chambers.**

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**Civil Defense** is the protection of life and property from attack and major disaster, by preparing for and carrying out emergency functions to prevent, minimize, and repair injury and damage.



Remember your own survival as well as that of your family may well depend on your knowledge of Civil Defense precautions. The development of the Civil Defense Organisation throughout New South Wales is proceeding rapidly and most councils have appointed local civil defense controllers.

**Support your local Civil Defense controller** in the work that he is doing -- remember your life and that of your family may be at stake.

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